



Life Fitness offers a full line of premier fitness equipment for the home.

LIFECYCLE\* EXERCISE BIKES | TREADMILLS | TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | GYM SYSTEMS

Where does your workout take you?

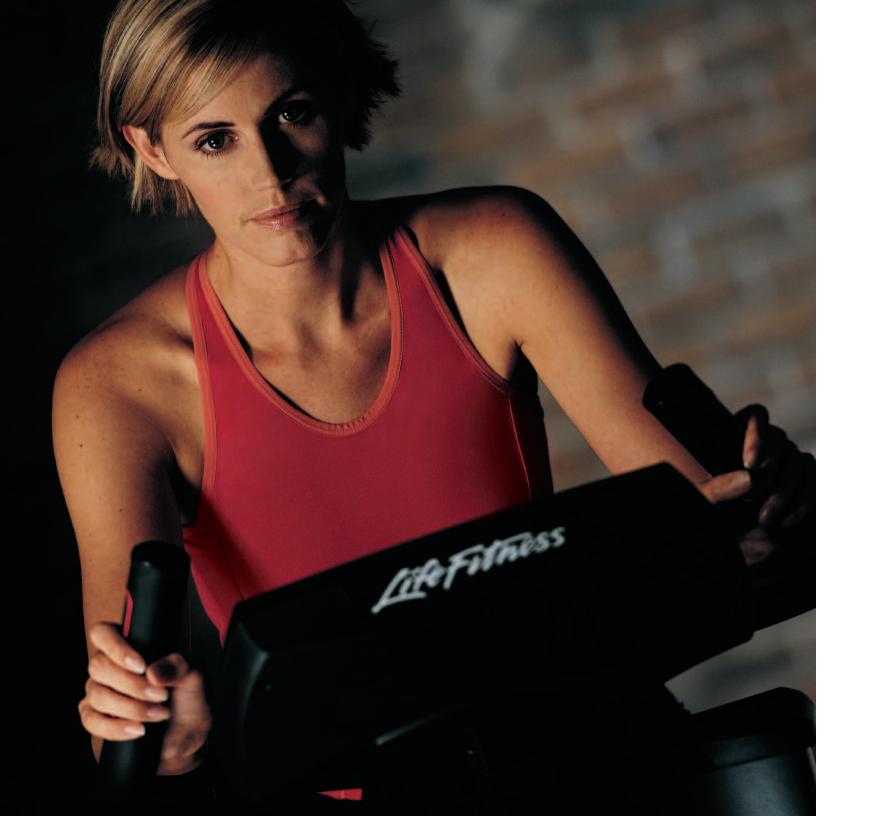


LIFEFITNESS.COM





LIFECYCLE® EXERCISE BIKES





# A legacy of excellence

Walk into virtually any health club and you'll find a Lifecycle® exercise bike. Millions have been motivated by the Lifecycle bike since it was introduced as the world's first computerized exercise bike in the late 1960s. Its legendary quality and durability make it the first choice among discerning exercisers and health clubs alike.



# Health club quality at home

Bring home the health club experience with the C9i upright and R9i recumbent bikes the home versions of our popular commercial models.





# Customize your Lifecycle exercise bike

The more satisfied you are with your fitness equipment, the more likely you are to reach your fitness goals. Life Fitness makes it easy to get exactly what you want. Simply choose a model—the C3, C1 or R3, R1—then select either the Basic or Advanced Workouts Console to create your very own ultimate workout machine.



# R9i

# The legend lives on

The C9i upright Lifecycle® exercise bike takes on an instant familiarity. It's the home version of our popular health club model—an exercise bike that has stood the test of time. The result of endless hours of biomechanical research, this innovative bike delivers superb product performance and the most natural, efficient upright riding position. More than 35 years of ingenuity, comfort, and durability make riding a Lifecycle bike incomparable to other upright exercise bikes.



### C9i Special Features

- Lifepulse™ contact heart rate hand sensors in 2 positions on the handlebars
- Polar® wireless chest strap provides accurate, hands-free heart rate monitoring
- Self-powered—doesn't require cords or outlets
- 19 pre-programmed and 7 personalized workouts
- 5 HeartSync™ workouts adjust resistance to keep you at your target heart rate, ensuring a safe, effective workout
- Alternator system provides 20 smooth, quick-changing resistance levels
- 16 character scrolling text message center provides workout feedback
- Ergonomic racing-style handlebars with deluxe forearm support
- ComfortCurve<sup>™</sup> Plus seat with Relief Groove<sup>™</sup> provides the ultimate in upright riding comfort
- Front mounted accessory tray and built-in reading rack
- Durable, heavy-duty welded steel frame is guaranteed for life

# Proven performance meets amazing comfort

Our R9i recumbent bike has mastered the combination of motivating workouts with unmatched comfort. On one side of this equation is the world-renowned appeal of the Lifecycle® bike's quality, reliability, and durability. The other side of the equation consists of the ergonomics, biomechanics, and comfort that add up to the best in recumbent cycling. With the R9i, top-quality workouts and comfort unite in the most remarkable ways.



### R9i Special Features

- Lifepulse™ contact heart rate hand sensors on side-mounted handlebars
- Polar® wireless chest strap provides accurate, hands-free heart rate monitoring
- Self-powered—doesn't require cords or outlets
- 19 pre-programmed and 7 personalized workouts
- 5 HeartSync™ workouts adjust resistance to keep you at your target heart rate, ensuring a safe, effective workout
- Alternator system provides 20 smooth, quick-changing resistance levels
- 16 character scrolling text message center provides workout feedback
- Contoured high-back support seat
- Side-mounted accessory tray and built-in reading rack
- Durable, heavy-duty welded steel frame is guaranteed for life

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# Staying fit is a choice I've committed

# Create your ultimate fitness machine



Choose your Life Fitness exercise bike model.









STEP 2

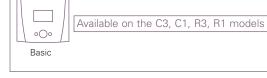
Add the console that best suits your personal fitness needs.

### Basic Workouts Console



The Basic Workouts Console is extremely easy to use, and features the essential programming you'll need to begin and maintain an effective fitness regimen.

- 5 Classic workout programs
- Heart rate readout



### onsole — — Advanc



The Advanced Workouts Console is ideal if you want added workout variety and advanced programs to help you better reach your fitness goals. And the ability to save two user profiles makes it perfect for multi-user households.

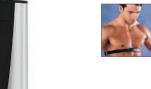
- 10 workout programs
- Polar® wireless chest strap
- HeartSync™ heart rate controlled workouts
- 3 goal workouts
- 2 user profiles
- 2 custom workouts
- Race mode



Available on the C3, C1, R3, R1 models

vanced

# **Advanced Workouts Console**



Provides accurate, nands-free heart rate



HeartSync Workouts
5 workouts that adjust
resistance to keep you

resistance to keep you at your target heart rate ensuring a safe, effective workout.



### Goal Workouts

Set your workout goal, including calorie-burn, distance, or target heart rate, and exercise until you reach it.



### Two User Profiles

Perfect for multi-user households, user profiles save your vital statistics, preferences, and custom workouts.



Challenge you

Challenge yourself against a compute simulated pacer.

# Quiet, superb performance

Experience a traditional biking workout in your home whenever you're ready. Remarkably guiet, you can read, listen to music, or watch television without distraction while you pedal the miles away on a C3 or C1 Lifecycle® exercise bike. And each bike is precisely engineered to deliver the most natural upright riding position, ensuring a safe, effective workout.





### C3 Special Features

- Self-powered—doesn't require cords or outlets
- Contact heart rate hand sensors provide convenient heart rate monitoring
- Electromagnetic resistance system with 20 guick level changes
- Upright seat with deluxe cushioning and upholstery
- Front-mounted accessory tray
- Durable, heavy-duty welded steel frame is guaranteed for life

# C1 Special Features

- Contact heart rate hand sensors provide convenient heart rate monitoring
- Eddy current resistance system with 20 levels
- Standard upright seat
- Front-mounted water bottle holder
- Durable, heavy-duty welded steel frame is guaranteed for life

Choose either the Basic or Advanced Workouts Console with the C3 and C1:







See page 7 for details

# Comfortably accommodating

The R3 and R1 exercise bikes combine challenging workouts with incredible comfort. Just lean back in the seat and notice how it accommodates your size, your abilities, and your preferences. Smooth, quiet, durable—on a Lifecycle® recumbent bike, you can achieve your fitness goals comfortably.





### R3 Special Features

- Self-powered doesn't require cords or outlets
- Contact heart rate hand sensors provide convenient heart rate monitoring
- Electromagnetic resistance system with 20 quick level changes
- Adjustable lumbar support with 3 settings
- Side-mounted accessory tray
- Durable, heavy-duty welded steel frame is guaranteed for life

# R1 Special Features

- Contact heart rate hand sensors provide convenient heart rate monitoring
- Eddy current resistance system with 20 levels
- Standard recumbent seat
- Front-mounted water bottle holder
- Durable, heavy-duty welded steel frame is guaranteed for life

Choose either the Basic or Advanced Workouts Console with the R3 and R1:









See page 7 for details

# Base specifications

C-Series AND R-Series LIFECYCLE® EXERCISE BIKES

C-Series AND K-Series LIFECYCLE® EXERCISE BIKES	00'	0.0	0.4	<b>DO!</b>
SPECIAL FEATURES	— C9i	C3	C1	R9i
Heart Rate Monitoring:				
- Lifepulse™ digital contact heart rate hand sensors on handlebars	•	-	-	•
- Contact heart rate hand sensors on handlebars		•	•	_
Power requirements:				
- Self-powered. Does not require an electrical outlet.	•	•	-	•
- Plug-in (all major voltage configurations)		_	•	_
Seat:				
- Commercial-grade Comfort Curve™ Plus seat	•	-	-	-
- Upright seat with deluxe upholstery		•	_	_
- Standard upright seat		_	•	_
- Commercial-grade recumbent seat with contoured, high back pad		_	_	•
- Recumbent seat with contoured back pad, adjustable lumbar support, and				
deluxe upholstery	-	-	-	-
- Standard recumbent seat and back pad		_	_	_
Handlebars:				
- Ergonomically-designed racing style handlebars with deluxe forearm support	•	_	-	-
- Ergonomically-designed racing style handlebars		•	•	_
- Front and side-mounted handlebars		_	_	•
Pedals:			_	•
- Wide Ride™ self-leveling pedals with straps				
- Enhanced non-slip, self-balancing pedals with ratcheting straps		•	_	_
- Standard self-balancing pedals with ratcheting straps			•	_
Accessories:	•		_	
- Accessory tray/Water bottle holders				
- Front-mounted water bottle holder			•	
TECHNICAL SPECIFICATIONS				
Resistance levels	20	20	20	20
Seat adjustments	13	14	14	34
Maximum user weight	400 lbs	400 lbs	300 lbs	400 lbs
	180 kg	180 kg	135 kg	180 kg
Unit length	48"	45"	45"	54"
	122 cm	114 cm	114 cm	137 cm
Unit width	24"	27"	27"	26"
	61 cm	69 cm	69 cm	66 cm
Unit height	54"	56"	56"	51"
	137 cm	142 cm	142 cm	130 cm
Unit weight	118 lbs	118 lbs	105 lbs	134 lbs
	53 kg	53 kg	47 kg	60 kg
Safety: CE, CEN, CSA, TUV, UL certified		•	•	•
Warranties: Lifetime on frame, 3-year on parts, 1-year on labor	•	•	•	•
(warranties outside the U.S. may vary):				

# Console specifications

Standard – Unavailable

•

20

13

400 lbs

180 kg

57"

145 cm

26"

66 cm

137 cm

147 lbs

66 kg

•

•

•

20

13

300 lbs

135 kg

57"

145 cm

26"

66 cm 54"

137 cm

130 lbs

59 kg

•

C9i, R9i, Advanced, AND Basic WORKOUTS CONSOLES

DISPLAY	C9i	R9i	A	B
Red LED display	•	•		_
Blue and white custom etched LCD	_	_	•	•
Instructional message center	•	•	•	_
LCD display size	_	_	4"x6"	3"x5"
WORKOUT PROGRAMS			10cm x 15cm	8cm x 13cm
Number of workouts	19	19	10	5
Classic workouts (Manual, Hill, Random, EZ Resistance™, Sport Training™)	•	•	•	•
HeartSync <sup>™</sup> heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill <sup>™</sup> , Heart Rate Interval <sup>™</sup> , Extreme Heart Rate <sup>™</sup> )	•	•	•	_
Special workouts (Around the World, Cascades, Foothills, Kilimanjaro, Speed Training, Interval Training)	•	•	_	_
Goal workouts (Calories, Distance, Target Heart Rate)	_	_	•	_
Custom workouts	_	_	2	_
SPECIAL FEATURES				
Quick start	•	•	•	•
On-the-Fly programming	•	•	_	_
Race mode	_	_	•	_
Cool Down mode	•	•	•	•
Warm Up mode	_	_	•	•
My Workouts™ personalized programs	7	7	_	_
User profiles	_	_	2	_
HEART RATE MONITORING				
Polar® wireless chest strap included	•	•	•	_
NORKOUT FEEDBACK				
Level	•	•	•	•
Time	•	•	•	•
Speed:				
- RPM	•	•	_	_
- (mph / km/h)	_	_	•	•
Distance	•	•	•	•
Heart rate	•	•	•	•
Target heart rate	•	•	•	•
Calories	•	•	•	•
Watts	•	•	•	•
METs	•	•	•	_
Pace	•	_	•	_
Animated symbols	_	_	•	_
WARRANTIES				
3-years on parts; 1-year on labor (warranties outside the U.S. may vary)	_	_	•	•

Standard – Unavailable

For detailed descriptions of all workout programs and complete specifications, go to lifefitness.com

# Ownership Advantages

When you buy a product of this caliber, expect the best. We pour more time and energy into the things other companies take for granted.

Biomechanics, product integrity, quality, force analysis, field research, technical optimization. These areas of development are invisible to our customers,

but ensure that our equipment delivers the best possible workout experience for a lifetime of use. It's part of the assurance that comes with owning a C-Series or R-Series Lifecycle® exercise bike made by the manufacturer of the #1 brand of fitness equipment in health clubs worldwide.

Learn more about the advantages of ownership. Visit our website at LIFEFITNESS.COM.